

## Daily Plan ~ Day 4

Tuesday, June 23, 2026

### Day Coordinators:

Karen Tiesling: Friends of the Delaware Water Gap National Recreation Area – DAILY POINT OF CONTACT  
Charlie Fineran: Friends of the Delaware Water Gap National Recreation Area  
Art Charlton: Explore Warren Tourism, Warren County  
Allison Heinsohn: Penn State Extension, Master Watershed Steward Program  
Sherry Acevedo: Northampton County Parks, Recreation & Conservation  
Paige Strasko: Northampton County Conservation District



### Stretch to be Paddled:

Smithfield Beach, Pa. (RM 218) to Delaware Beach, Knowlton Twp., N.J. (RM 205)  
Lunch at Kittatinny Point, N.J. (RM 211.5)

**AMERICA'S 250<sup>TH</sup>**  
*Our Nation's River*

13 miles, Class I/I+ rapids

Evening Camping: Worthington State Forest Campsite, Old Mine Rd, Columbia NJ 07832

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### **Morning Meeting Location for Everyone:**

**Worthington State Forest Campsite  
Campground Rd., Columbia, NJ 07832  
See directions on pages 2-3**

- 7:00 a.m. Breakfast and registration **for all Sojourners** in camp. **Note: Everyone must register each morning**
- 7:00 a.m. **Arriving today with a boat?** Drop off with NEWE livery, then register and have breakfast.
- 7:45 a.m. Livery with boats and NCSP safeties departs for Smithfield Beach
- 8:00 a.m. Sojourn Welcome
- 8:30 a.m. **Buses leave** for Smithfield Beach (arrive onsite at 8 a.m.)
- 9:00 a.m. Arrive at Smithfield Beach for welcome remarks from NPS DEWA Chance Babish and PA Director of Outdoor Recreation Nathan Reigner, safety talk & paddling 101
- 10:15 a.m. Begin launch for the morning paddle!
- 1:00 p.m. Arrive at Kittatinny Point in the Water Gap for lunch and program by Shelley and Adam DePaul, Lenape Nation of PA
- 2:30 p.m. Back on the river for the afternoon paddle!
- 4:15 p.m. Take-out for the day at Delaware Beach, Knowlton Township, N.J. and board the buses
- 4:45 p.m. Buses leave for Worthington State Forest Campsite.
- 6:30 p.m. Dinner in camp, followed by a mini-festival with local environmental, conservation & historical associations, including: Friends of DEWA; Lenape Nation of PA; Musconetcong Watershed Association & River Management Council; Morris Canal Committee - Warren

Emergency Contact:

911

2026 Delaware River Sojourn: June 20-26  
*Our Nation's River*

Co.; Explore Warren County Tourism; Sussex County Bird Club; Board of Recreation for Warren County; Warren County Park Foundation; and N.J. Worthington State Forest and Walpack Historical Society (both tbd)

10:00 p.m. Quiet Hours in camp

**Please Note:** If bringing your own boat, please make sure it has up-to-date registration and/or current launch permits.

**Evening Camping Info:** There are full shower and bathroom facilities at [Worthington State Forest](#). Portable restrooms also provided. Sojourners will follow all Worthington State Forest rules, including no alcohol permitted. Be bear aware! Do not leave food unattended in tents or open cars; properly dispose of all garbage. See park maps on pages 5-7.

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**Many Thanks to Today's Sojourn Partners:**

Delaware River Sojourn Steering Committee; Upper Delaware Preservation Coalition; Northeast Wilderness Experience; State of New Jersey, Dept. of Environmental Protection, Division of Parks and Forestry and Worthington State Forest; National Canoe Safety Patrol; Friends of the Delaware Water Gap National Recreation Area; NPS Delaware Water Gap National Recreation Area; Northampton County Parks, Recreation & Conservation; Warren County, New Jersey: Explore Warren Tourism; Knowlton Township, N.J.; We Transport; Humpty Jr.'s; Penn State Extension, Master Watershed Steward Program; Northampton County Conservation District; Lenape Nation of PA; and PA DCNR Office of Outdoor Recreation + all mini-fest participants!

**\*\*The Sojourn thanks Jessica Yoder for creating our 2026 logo design and Sandy Schultz for designing the 2026 itinerary maps and paddle!\*\***

**Special Thanks to 2026 Sojourn Grantors, Donors & Sponsors:**

Pennsylvania Organization of Watersheds and Rivers (POWR); ShopRite; NPS Lower Delaware Wild and Scenic River; Delaware River Basin Commission; Northampton County Parks, Recreation & Conservation; Explore Warren County; and PPL

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**Arriving Today?**

**Worthington State Forest Campsite, Campground Rd., Columbia, NJ 07832**

The Worthington Forest State Park Group camping area is located off of Old Mine Road in Warren County, NJ. Enter at second gate entrance, look for Delaware River Sojourn signs. GPS: 40 degrees 58'36.01" N & 75 degrees 8'4.68" W

Emergency Contact:  
911

- [Click here for a link to get general directions to Worthington State Forest](#)

### **Directions to Worthington State Forest**

#### **From New Jersey & New York via Interstate 80 West:**

- Take Route 80 west to the last exit in New Jersey (Millbrook/Flatbrookville) Exit 1
- At the bottom of ramp, turn right. Old Mine Road (aka River Road) is very narrow. There is a one-way section that uses a 3- minute traffic light, please pay attention to the oncoming vehicles.
- Turn sharp left after three miles for the Worthington State Forest Park Office.
- Travel past the office and turn right proceeding to camping area (see map on pg. 2).

#### **From Delaware Water Gap and points west in PA via Interstate 80 East:**

- Take Route 80 east to the first exit in New Jersey (Millbrook/Flatbrookville) Exit 1
- Take the exit and follow the road around and under I-80 (like a really long U-turn).
- Travel on I-80 West for about 30 seconds before exiting from the westbound lane.
- At the bottom of ramp, turn right onto Old Mine Road. Old Mine Road (aka River Road) is very narrow. There is a one-way section that uses a 3- minute traffic light, please pay attention to the oncoming vehicles.
- Turn sharp left after three miles for the Worthington State Forest Park Office.
- Travel past the office and turn right proceeding to camping area (see map on pg. 2).

#### **From Easton, PA:**

- Take PA-611 North to traffic light in Martins Creek.
- Turn right and continue on PA-611 North through Mt. Bethel toward the toll bridge and signs for Interstate 80.
- Cross the toll bridge and follow the signs for Interstate 80 West.
- Take Route 80 west to the last exit in New Jersey (Millbrook/Flatbrookville) Exit 1
- At the bottom of ramp, turn right onto Old Mine Road. Old Mine Road (aka River Road) is very narrow. There is a one-way section that uses a 3- minute traffic light, please pay attention to the oncoming vehicles.
- Turn sharp left after three miles for the Worthington State Forest Park Office.
- Travel past the office and turn right proceeding to camping area (see map on page 2).

#### **Please Note: Old Mine Road Closed North of Worthington State Forest**

Please note that the National Park Service has closed a section of Old Mine Rd. north of Worthington State Forest. To access the campground:

- Use Route 80 to get on Old Mine Rd.
- Head north for 3 miles. Campground is on the left.

Otherwise, the closure does not affect Worthington.

Emergency Contact:  
911

TRAVEL ON YOUR OWN  
TO WORTHINGTON  
STATE FOREST CAMPSITE,  
OLD MINE ROAD,  
BELVIDERE, NJ



AMERICA'S 250<sup>TH</sup>  
*Our Nation's River*

**Day 4 ~ Tuesday,  
June 23, 2026**

**Smithfield Beach (RM 218)  
to Delaware Beach,  
Knowlton, NJ (RM 205)**

**13 MILES, CLASS I & I+ RAPIDS**



**SAFETY TALK AND  
10:15 A.M. LAUNCH AT  
SMITHFIELD BEACH**

**7:00 A.M.  
BREAKFAST AND  
REGISTRATION  
IN CAMP**

**8:30 A.M. BUS TO  
SMITHFIELD BEACH**

**6:30 P.M.  
DINNER AND PROGRAM  
IN CAMP**



**1:00 P.M.  
LUNCH AT  
DELAWARE  
WATER GAP**

**4:15 P.M. - TAKE OUT  
AND BUS  
BACK TO CAMP**



## Worthington State Forest Campground Map



## TRAILS OF WORTHINGTON STATE FOREST

Worthington State Forest is located near the southern end of the Delaware Water Gap National Recreation Area in Warren County, New Jersey.

It covers 6,660 acres and stretches for more than seven miles along the Kittatinny Ridge. This state forest offers 10 scenic trails with more than 22 miles for hiking, including 6.6 miles of the Appalachian Trail, which passes through the forest.

### Appalachian Trail

White • 6.6 miles (in Worthington) • Hiking  
Moderate • Historic Scenic Trail

**Trailhead:** Parking area off Route 80. **The Appalachian Trail (AT)** is a historic national scenic trail. There are 6.6 miles of the 2,180-mile trail within Worthington State Forest. Along this section, the trail follows Kittatinny Ridge with excellent views. The trail can be reached from Dunnfield Creek Natural Area as well as from Douglas Trail and Garvey Springs Trail. Be prepared for a steep and rocky climb to the ridge. There is a backpacker campsite located near the intersection with Douglas Trail.



### Buckwood Trail

Teal • 1.3 miles • Hiking

Easy • Less traveled trail to Mount Tammany Fire Road

**Trailhead:** Appalachian Trail east of Sunfish Pond.

**Buckwood Trail** (formerly Turquoise Trail) is an isolated trail that connects the Appalachian Trail with the Mount Tammany Fire Road. The trail descends from Kittatinny Ridge, crosses the upper reaches of the Dunnfield Creek drainage and connects to the fire road along the southern boundary of the forest.

### Douglas Trail

Dark Blue • 1.7 miles • Hiking

Moderate • Connector to Appalachian Trail

**Trailhead:** Douglas parking lot on Old Mine Road.

**Douglas Trail** begins heading southwest and proceeds uphill to Kittatinny Ridge. Several switchbacks along the route help with this 1,200-foot climb. The beginning of the trail follows the drainage stream from Sunfish Pond. Laurel Falls, a rocky cascade, is only a short walk up the trail. At the first switchback, Douglas Trail intersects with Rockcores Trail, then continues its climb. Once on top of the ridge, Douglas Trail ends as it meets the Appalachian Trail at a backpacker campsite.



### Dunnfield Creek Trail

Light green • 3.4 miles • Hiking

Moderate • Trail along scenic Dunnfield Creek

**Trailhead:** Pahaquarry Trail or AT. **Dunnfield Creek**

**Trail** is a rocky and sometimes steep trail following Dunnfield Creek upstream from the Delaware River. The trail passes through a ravine lined with rhododendrons, mature hemlock and mixed hardwoods. Dunnfield Creek is a natural trout stream and boasts several small waterfalls. Leaving the ravine, the trail turns north and ascends a hillside to reach the AT and Sunfish Pond, a glacial lake surrounded by oak and chestnut forest.

### Farview Trail

Yellow • 1.3 miles • Hiking

Moderate • Trail leads to Appalachian Trail

**Trailhead:** Parking area on Old Mine Road.

**Farview Trail** begins in gently sloping forest terrain. Heading south from the Delaware River, the trail turns east and joins a two-track path while continuing up a gradual hillside to meet with the Appalachian Trail and Holly Springs Trail.

### Garvey Springs Trail

Orange • 1.2 miles • Hiking

Moderate • Trail to Appalachian Trail

**Trailhead:** Douglas parking lot on Old Mine Road.

**Garvey Springs Trail** begins along Old Mine Road and travels southeast climbing forested hillsides. This is a steep and rocky trail that climbs 1,100 feet to Kittatinny Ridge and meets with the Appalachian Trail east of Sunfish Pond. A small trail leads around the pond for scenic views. For a scenic loop, head west on the AT then return to the trailhead via Douglas Trail.

### Holly Springs Trail

Red • 0.5 miles • Hiking

Easy • Short connector trail

**Trailhead:** Appalachian Trail or Dunnfield Creek Trail. **Holly Springs Trail** is a short trail connecting the Appalachian Trail with Dunnfield Creek Trail. The forested two-track trail leads across a gradual hillside from the creek to the ridgeline.



### Mount Tammany Trail

White & red • 1.5 miles • Hiking

Difficult • Steep trail to summit of Mount Tammany

**Trailhead:** Dunnfield Creek Natural Area.

**Mount Tammany Trail** begins along the Delaware River, heads southeast and climbs a steep hillside. After a tough and rocky climb of 1,200 feet, the trail reaches Mount Tammany. At an elevation of 1,527 feet, the summit offers great 360-degree views of the Delaware Water Gap and Kittatinny Ridge.

### Pahaquarry Trail

Light blue • 1.4 miles • Hiking

Moderate • Alternate route to Mount Tammany

**Trailhead:** Appalachian Trail. **Pahaquarry Trail**

(formerly Blue Dot Trail) provides an alternate route to Mount Tammany. Most hikers take Mount Tammany Trail up the mountain and come back down Pahaquarry Trail. Starting with the Appalachian Trail, Pahaquarry Trail continues along Dunnfield Creek until climbing a hillside and approaching Mount Tammany from the north side.



### Rockcores Trail

Green • 2.9 miles • Hiking

Moderate • Interpretive Trail

**Trailhead:** Parking pull-off on Old Mine Road near forest office. **Rockcores Trail** begins and ends along the Delaware River. From its start near the forest office, the trail follows an old two-track forest road along a broad hillside. In the 1950s, this road allowed access for engineers to take rock samples to determine whether the soils and bedrock in the area could withstand the proposed Tocks Island Dam. The trail remains generally flat as it parallels the ridge line, crossing Douglas Trail and the scenic, rocky outlet stream from Sunfish Pond. Continuing east, the trail crosses Garvey Springs Trail and then descends a few switchbacks to return to Old Mine Road.

Explore Trail Tracker  
The Interactive Trails  
Map of NJ State Parks



spstrailtracker.nj.gov

## TRAIL SENSE AND SAFETY

**Trail Markings:** Official trails are marked by colored blazes on posts and trees. For your safety and habitat protection, please stay on the trails and do not alter trail markings or create new trails.

**Be Prepared:** Consider bringing water, snacks, sunscreen, wear insect repellent and a hat. Dress for the weather. Tell someone where you plan to go and when you expect to return. Be aware of changing trail conditions.

**Hunting:** Sections are open to hunting. Bright orange clothing is recommended during hunting season.

**Pets:** Pets must always be on a leash no longer than six feet in length and under the control of the owner at all times. Please clean up after your pets.

**Keep It Clean and Green:** Bring a bag or two and carry your trash out with you. Trash cans are not provided. Don't forget to recycle!

**Tick Protection:** Wear insect repellent, wear light-colored clothing, tuck pants into socks, stay on trails, check yourself thoroughly, shower and launder clothes immediately.

**Bear Aware:** Black bears are found throughout New Jersey. Do not approach or attract bears by making food available. Feeding bears is dangerous and illegal. Never run from a bear! To report an aggressive bear, call 1-877-WARN-DEP (1-877-927-6337) immediately. Please report any damage or nuisance behavior to the forest office. Visit New Jersey DEP Fish & Wildlife at [njfishandwildlife.com/bears](http://njfishandwildlife.com/bears) for additional information on bear safety.

**Hours:** Visitors are welcome on the trails from dawn to dusk. Trail use is not permitted after sunset.

**Forest Office Phone:** 908-841-9575

**Emergency Numbers:**  
1-877-WARN-DEP (1-877-927-6337)  
or 911



WORTHINGTON STATE FOREST  
HC 62 Box 2  
Old Mine Road  
Columbia, NJ 07832  
908-841-9575



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# TRAILS

## Worthington State Forest



This brochure was funded by the Federal Highway Administration's Recreational Trails Program through the New Jersey Department of Environmental Protection.



State of New Jersey  
Department of Environmental Protection  
State Park Service

# WORTHINGTON State Forest



- Open Field or Grass
- Water
- Appalachian Trail (6.6 mi)
- Farview Trail (1.3 mi)
- Pahaquarry Trail (1.4 mi)
- AT Campsite
- Fishing
- Playground
- Forest
- Wetland
- Buckwood Trail (1.3 mi)
- Garvey Springs Trail (1.2 mi)
- Rockcores Trail (2.9 mi)
- Boat Launch
- Restrooms
- Developed Area
- Dunnfield Creek Trail (3.4 mi)
- Douglas Trail (1.7 mi)
- Holly Springs Trail (0.5 mi)
- Canoeing
- Scenic View
- Mount Tammany Trail (1.5 mi)
- Drinking Water
- Picnic Area
- Shower